

SUMMER 2015

FULL-TIME LIFEGUARDS WANTED!

Lifeguards, Head Lifeguards, Supervisors, and Waterfront Lifeguards
for indoor pools, outdoor pools, and a beach

APPLY ONLINE AT www.cityofboston.gov

PRE-EMPLOYMENT SWIM EVALUATION REQUIRED.

Swim evaluation is by appointment only - Reservation is required.

All pre-employment swim evaluations held at: BCYF Mason Pool, 159 Norfolk Ave., Roxbury.
12:30PM on Mondays April 6, 13, 27; May 4, 11, 18; June 1
4:00PM on Saturdays April 25; May 16, 30; June 6

TO RESERVE YOUR SPACE PLEASE EMAIL:

jeffrey.mackey@boston.gov

OR

CALL 617-635-4920 x2147

All candidates must **BRING, or email prior**, copies of current certifications in: Lifeguard Training, First Aid and CPR/AED. Candidates **MUST** be at least 16 years of age (there will be limited positions for 16 and 17 year olds).

Evaluation Includes:

1. Swimming 300 yards continuously, using these strokes in the following order:
 - 100 yards front crawl using rhythmic breathing and stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
 - 100 yards breaststroke using a pull, breathe, kick and glide sequence.
 - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
2. Tread Water – 2 minutes with legs only.
3. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive into 7-10 feet of water, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
4. Active victim rescue, passive victim rescue and submerged victim rescue.
5. Spinal Management - Head Splint – Face up, Head Splint – Face down and Head and Chin Support – Face Down.
6. CPR/Rescue Breathing. **(Please bring your resuscitation mask)**

